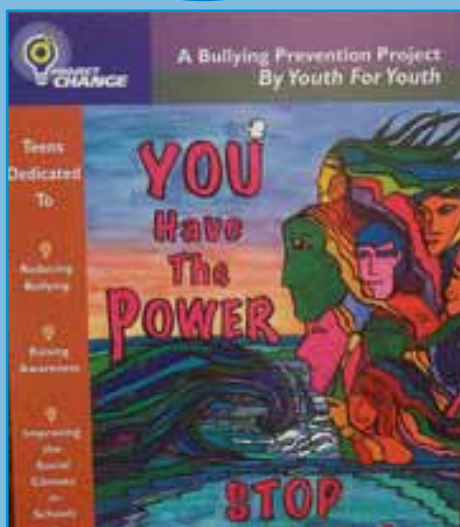




SAFEnet

MAY 2010

STUDENT'S KEEPING IT SAFE



The Keeping it Safe Team's, *Student's Keeping it Safe*, highlights a student or group who is making a positive impact on the community. The Keeping it Safe team will recognize each month an individual or group, between the grade levels of 6th and 12th.

May's *Student's Keeping it Safe* is **Project Change** group. Project Change (PC) believes that teens not only want to give back, but have a tremendous capacity to do so. By giving voice to their ideas, needs, and concerns as full partners, PC helps youth tap into their potential to make a difference while strengthening their leadership skills. Students in each PC Community Service Club (located at Sherwood HS and also other public and private schools in the greater Olney area) take the lead and discuss their passions and concerns on both local and global issues and then come to a consensus regarding the community service projects they will design and implement.

Continued on page 3

Newsletter Highlights



Get Local!
What's Happening in
Montgomery County and
Maryland



Tips, Stats, and Signs of
Under-21 Alcohol Use



In the News

Questions?

Montgomery County community members can email related questions and receive updated prevention information. Please email: safenet@montgomerycountymd.gov

Tell a friend about SAFEnet and have them send an email to safenet@montgomerycountymd.gov with the subject line "SIGN ME UP"

To unsubscribe, please send email to SAFEnet@montgomerycountymd.gov with the subject line "UNSUBSCRIBE ME"

Keeping it Safe "team" members: Montgomery County Department of Liquor Control, Montgomery County Police, Keeping it Safe Coalition, Drawing the Line on Substance Abuse Coalition, Montgomery County Safe and Drug Free Schools, Montgomery County State's Attorney's Office, Montgomery County Recreation Department, and the Montgomery County Highway Safety Office
To become a team member, email or call Meg Baker. 240-777-6652, meg.baker@montgomerycountymd.gov

KEEPING IT SAFE

SAFEline- Call **301-670-SAFE** to request information on hosting under 21 alcohol free events or to report an upcoming under 21 alcohol party, event, or provider.

To report a party in progress, call the non-emergency police line at 301-289-8000.

For more information on state laws, consequences, or to order materials on Keeping it Safe, please contact the Department of Liquor Control Outreach Office, 240-777-1989, or e-mail dlc@montgomerycountymd.

Keeping it Safe Community Forum

On April 28th, the Keeping it Safe team hosted a Community Forum. The town hall meetings mission was to increase understanding and awareness of current trends on under-21 alcohol use and identifying the sources in which youth under-21 are getting alcohol. Panelists included Montgomery County Police, Montgomery County Department of Liquor Control (Alcohol and Tobacco Specialist and Underage Volunteer), Keeping it SAFE Coalition and Ogilvie Transportation.

Did you know?

The greatest increase in alcohol usage occurs between grades 6 and 10.

Student Video Contest & Community Awards Event

The 2010 Student Video Contest & Community Awards Event, hosted by the Keeping it Safe Coalition, was held on April 9, 2010 at the Montgomery County Board of Education. Congratulations to all winners!

Student Video Contest Winners

Middle School:

First Place- Roberto Clemente MS, Media 8 Group 5

Second Place- Roberto Clemente MS, Humanities Media 7 Period 4

Honorable Mention: Roberte Clemente MS, William H Farquhar MS, Thomas Pyle MS, Takoma Park MS

High School:

First Place- Walt Whitmas HS, Film Makers

Second Place- Northwood HS, Video Production Class

Honorable Mention: Magruder HS, Richard Montgomery HS, Rockville HS, St. Andrew's Episcopal School, Walt Whitmas HS

Other Award Winners

Walter Milan Memorial

Officer William Newman, MNCPP-MC

Spirit of Prevention: Capt. Joseph Mattingly Jr. Memorial

Dr. Scott Freedman

Spirit of Prevention: Business Vicki Darnall Memorial

Mc Ginty's Public House

Community Service Awards:

Sheila Ogilvie- Ogilvie Transportation

Michael Kelly- Kensington Volunteer Fire Department

Alison Silverstein- BCC High School

David Fillinich- BCC High School

Karent Alexander- Richard Montgomery High School

Alcohol Poisoning Poster Awareness Initiative:

- Bethesda Chevy-Chase HS-SADD
- Richard Montgomery HS
- Watkins Mill HS- design club



Setting Good Examples around Alcohol

How you respond to situations that include alcohol, especially when your children are around, sends a very strong message. Make sure to think about your actions related to drinking and the repercussions they may have.

- When you talk about alcohol, avoid statements that make it sound necessary or especially fun (don't say things like "After the day I've had, I could use a martini!" around your kids).
- Model restraint in your own life—if you choose to drink, do so responsibly. If you or your partner struggles with alcohol abuse, seek professional help from a physician or addiction counselor.
- Don't laugh at or glorify the actions of people who have had too much to drink—even those on television or in movies.
- If you choose to consume alcohol, be prepared to answer when your kids ask why they can't. Keep your answer simple, such as "Alcohol isn't good for growing bodies and minds."
- Always offer plenty of nonalcoholic drink options when you entertain in your home to show your kids that grown-ups don't need alcohol to have fun together.
- Set a good example for your children when attending holiday parties; just because it's New Year's Eve or the Fourth of July doesn't mean you should drink excessively.

Whether you realize it or not, your kids are watching everything you do, and learning from it. By making sure that your actions around alcohol are responsible, you can send a positive message to your child long before he or she is forced to make a decision about using it. *Source: www.parentfurther.com*

What to do if you Suspect your Child is Drinking

Maybe your child comes home from a party smelling like beer. Or you find that a bottle of wine has gone missing. Whatever has roused your suspicion, it's important to take action right away, the earlier the issue is addressed, the better the situation will be.

If you suspect that your child has a serious drinking problem, don't hesitate to get professional support and help. Many physicians and addiction counselors can offer information on treatment options. You can also use the Substance Abuse Treatment Facility Locator from the Substance Abuse & Mental Health Services Administration, www.samhsa.gov, to find a treatment program near you.

If your children try alcohol, address the issue directly and positively. Use it as an opportunity to help them learn from mistakes and make better decisions in the future. Many kids respect a direct, honest approach; if you think your child is drinking, it may be best to just ask them directly. Don't be condemning or judgmental, just try to get the facts.

If your child is drinking, it's very likely that her friends are drinking as well. Talk to your child's friends' parents about ways you can ensure that parties and get-togethers remain alcohol-free, such as by having an adult supervise these events.

Getting other adults involved can be a great help if your child begins drinking. By recruiting your relatives, your friends, your child's friends' parents, and other caring adults to your cause, you can ensure that your child is receiving positive messages about avoiding alcohol use on a regular basis.

Source: www.parentfurther.com

Student's Keeping It Safe

Project Change

What has been your favorite activity or event that your group has coordinated?

Project Change's You Have The Power Bullying Prevention Peer Education Project (YHTPI!). In 2005 Project Change youth members wanted to take action to reduce bullying, a form of youth violence, among students in their community. YHTPI! features high school mentors working after-school with middle and elementary school students for 10-12 weeks both to raise awareness about the characteristics, risks, and consequences of bullying and develop a school-wide anti-bullying presentation. YHTPI! focuses on the topics of empathy and respect for others and empowering bystanders (witnesses of bullying) to become allies (people who take action to stop bullying). The YHTPI! Toolkit is a resource for high school students who want to bring YHTPI! to their school and community. The free YHTPI! Toolkit is available online at www.projectchange-md.org.

What do you believe will make a difference in underage drinking?

Parents, teachers, educational programs – they all are necessary components in helping to make a difference in underage drinking. A number of years ago, Project Change and the Student Government Association at Sherwood HS worked together to present the HBO Documentary "Smashed: Toxic Tales of Teens and Alcohol" before the school prom. That documentary had a profound effect on the students because it was powerful, raw and "real" as it followed a number of teens through their tragic experiences at Maryland Shock Trauma and their lives thereafter. What also had a profound effect was the guest speaker – one of teens profiled in the documentary. He spoke candidly about his experience and the physical damage and emotional effects he is living with from his experience.

Teen Drinking Tied to Breast Disease

Young women who drink alcohol may put themselves at higher risk of developing breast disease that is a known risk factor for cancer, a new study suggests. In a group of nearly 6,900 women aged 16 to 23, researchers found that those who drank six or seven days a week had more than five times the odds of developing so-called benign breast disease years later.

Women with benign breast disease have hard lumps in their breasts, which may in some instances turn cancerous. The broad group of conditions includes irregular cysts, breast discomfort, sensitive nipples, and itching, according to the National Cancer Institute. Earlier reports have linked adolescent drinking to benign breast disease based on women's recollections many years later, but the new study is the first to survey alcohol drinking directly during adolescence and follow the girls into adulthood. It's not clear why alcohol would have an effect on the condition, but researchers speculate that alcohol's effect on estrogen could promote breast tissue growth. "Our study results give older girls and adolescents another reason to avoid alcohol," Catherine Berkey of Harvard Medical School, who led the research, told Reuters Health in an e-mail.

When the women were interviewed later at age 18 to 27, 67 — or about 1 percent — said they had been diagnosed with benign breast disease and had the diagnosis confirmed with a biopsy. Those who drank more were also more likely to suffer from the condition, with each average daily drink adding to the risk. "We saw health effects with alcohol amounts that are not intoxicating, so teen girls would be wise to totally avoid alcohol at least until they are of legal drinking age," Berkey said.

Source: Fox News

Study Cites Maternal Influences on Youth Drinking

Mothers who enforce discipline over their young teens can prevent their kids from drinking, according to a new Australian study. Reuters reported March 19 that study author Rosa Alati of the University of Queensland and colleagues looked at the degree of maternal parental control and relationship changes as related to teen alcohol use. They found that problem drinking risk was doubled among teens whose mothers exerted low control and changed relationship partners twice or more.

"Maintaining attentive oversight of a child is important in the context of frequent changes in relationship status," Alati said.

The study was published in the journal Addiction

Study Says Kids Who Watch R-Rated Movies More Likely to Drink

Children whose parents allow them to watch R-rated movies are more likely to drink alcohol than their peers, exclusive of any other parenting decisions, according to researchers at Dartmouth Medical School.

USA Today reported April 26 that researchers found that 24.4 percent of middle-school students allowed to watch R-rated movies all the time had used alcohol, compared to 18.8 percent among those who were allowed to watch R movies sometimes, 12.5 percent among those allowed to watch R-rated films occasionally, and 2.9 percent among youths who parents never permitted them to watch such movies. The study controlled for other parenting decisions and permissiveness levels.

The findings were published in the May 2010 issue of the Journal of Studies on Alcohol and Drugs.

